



## NW PRECEDENT Study:

### Suggests 9-17 Year Olds Would Have Substantial Reduction in Tooth Decay as a Result of Not Rinsing After Brushing

Almost 95% of the US population is affected by tooth decay. For decades, dentists and dental hygienists have strongly advocated for fluoride treatments and water fluoridation as a means of reducing tooth decay by mineralizing and strengthening the outer surfaces of teeth.

Recent research from a regional research group, which includes Montana dentists, called [NW PRECEDENT](#) studied the impact of not rinsing with water after brushing with fluoridated toothpaste, but instead simply spitting the excess toothpaste out. Researchers found a roughly 16% reduction in tooth decay in children 9-17 years of age who used this technique. Children in this age group have newly erupted adult teeth which are more vulnerable to tooth decay because of a lack of mineralization of the outer tooth surfaces. A benefit was also found in those 65 and older. Older individuals have higher decay rates due to lack of saliva and gum recession that exposes vulnerable tooth-root surfaces. The researchers believe that the spit only technique after brushing with fluoridated toothpaste helps deliver more fluoride to the teeth for a longer period of time thereby increasing remineralization and making teeth more resistant to tooth decay compared to the rinsing technique.

Dr. George Johnston, DDS, who practices in Butte and Dillon, participated in this study. "It is exciting to know that a habit so simple could greatly benefit the general public. I would predict that the decay reduction benefits from the brush and spit technique in Dillon and Butte would be even greater due to our lack of a fluoridated water supply."

[NW PRECEDENT](#) is a dentist practice-based research group consisting of practitioners from Washington, Oregon, Utah, Idaho and Montana and is supported by a [National Institute of Health 27 million dollar grant](#). Dentist Practitioner-Investigators are involved in all levels of research including topic development, study design, data analysis and publications. Currently, Montana has 24 dentist researchers and/or members of NW PRECEDENT.



Dr. George Johnston, DDS  
Practitioner-Investigator

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